



Key Vocabulary

collaborate
aggressive
resolution
conflict
pressure
emotional needs
passive
assertiveness
negotiation
unsafe
compromise
body language
respect
uncomfortable touching
qualities
unhealthy relationship

PDL Knowledge Organiser

Year group: 5

Topic link: Me
and My
Relationships

Golden Thread
Building
Relationships

Key Questions:

Feelings

What are emotional needs?
Do we have the same emotional needs?
Do emotional needs stay the same?
Why are emotional needs important?

Friendship Skills, Including Compromise

What qualities make a good friend? Why?
How does a good friend show these qualities?
Do these qualities make a difference in friendships? How?

Assertive Skills

How can someone stand up for themselves?
When would someone use their assertiveness skills?
Is assertiveness the best way to react to pressure? Why?

What key skills will I have by the end of this journey?

I can be assertive to keep myself happy, healthy and safe.
I can use strategies to resolve arguments or disagreements.
I can reflect on my behaviour, attitudes and qualities.
I am aware of the warning signs that a relationship could be unhealthy or unsafe.
I can manage my emotional needs and any risks to them.
I can respond to emotions according to the situation and person.

What key knowledge will I have by the end of this journey?

To learn characteristics and skills in assertiveness
To apply their collaborative skills to friendships and assertiveness.
To learn ways to resolve conflict in an assertive, calm and fair manner.
To identify what things make a relationship unhealthy and who to talk to if they needed help.
To recognise emotional needs according to circumstance and any risk factors that could effect them.

Links to previous and future learning

In Year 3

I can usually accept the views of others and understand that we don't always agree with each other.
I can give you lots of ideas about what I do to be a good friend and tell you some different ideas for how I make up with a friend if we've fallen out.

In year 4

I can give a lot of examples of how I can tell a person is feeling worried just by their body language.
I can say what I could do if someone was upsetting me or if I was being bullied.
I can explain what being 'assertive' means and give a few examples of ways of being assertive.

In Year 5

In year 6

I can explain bystander behaviour by giving examples of what bystanders do when someone is being bullied.
I can give examples of negotiation and compromise.
I can explain what inappropriate touch is and give example.